

Program Guidelines

REQUEST FOR APPLICATION 2010-2011 Texas Fitness Now Program:

Middle School Physical Education and Fitness Programs

To access the Application:

<http://www.tea.state.tx.us/WorkArea/linkit.aspx?ItemID=2147489286>

To access the Eligibility List, including allocations:

<http://www.tea.state.tx.us/WorkArea/linkit.aspx?ItemID=2147489287>

To access the Instructions to the Application:

<http://www.tea.state.tx.us/WorkArea/linkit.aspx?ItemID=2147489285>

To access the General and Fiscal Guidelines:

<http://www.tea.state.tx.us/WorkArea/linkit.aspx?ItemID=2147489288>

The following information is provided in compliance with statute (General Appropriations Act, Article III, 81st Legislature, 2009, Rider 79).

Total funds available for this program: Total funds available for this program are \$10,000,000 in school year 2010-2011 (applicants may receive reallocation funds based on available funding). Any unexpended funds in school year 2009-2010 cannot be carried over (rolled forward) for school year 2010-2011. Project funding in school year 2010-2011 will be based on satisfactory progress of the 2009-2010 program objectives and requirements.

Percentage which will be financed with state funds: 100%

PROGRAM GOALS AND OBJECTIVES

This program is authorized by Rider 79 in Article III of the General Appropriations Act (House Bill 1) passed by the 81st Legislature. [Hereinafter referred to as "Texas Fitness Now."] The Texas Comptroller of Public Accounts (CPA) and the Texas Education Agency (TEA) will provide grants to school districts and open-enrollment charter schools for the support of in-school physical education and fitness programs for students in grades 6, 7, and 8. The purpose of the grant is to further the goal of reducing childhood obesity and Type II diabetes. Texas Fitness Now places specific emphasis on the importance of physical education and fitness for students in Grades 6, 7, and 8 as the foundation for a life of healthy choices.

Rider 79 is designed to accomplish the following objectives:

1. Provide assistance to schools for the support of in-school physical education programs;
2. Provide funding to schools to prepare teachers of Grades 6, 7, and 8 to identify specific barriers facing student adoption of fit and healthy lifestyles and to provide teachers with the tools necessary to promote such adoption;
3. Provide assistance to schools in selecting and/or developing effective instructional materials, programs, learning systems, and strategies based on the characteristics of Quality Physical Education (See Appendix A);
4. Strengthen coordination among schools and families to improve fitness and promote healthy lifestyles for all children;
5. Increase self-esteem, decrease body fat, increase strength and endurance, and prevent exercise-related injuries. Through increased fitness, students' cognitive ability will improve; and
6. Provide a foundation for a life of fitness and healthy lifestyle choices.

The actual fitness program utilized in these schools will be simple, with minimal equipment requirements. This meets a two-fold purpose:

1. Extends funding to include in this program as many schools as possible that serve Grades 6, 7, and 8; and

2. Establishes the foundation of lifetime exercise and fitness that does not rely upon fitness facilities or specialized equipment.

For purposes of this program, the following definitions apply:

- Physical Education: K-12 course outlined in the Texas Essential Knowledge and Skills (TEKS) focusing on movement, social development, and physical activity and health.
- Sports-Related Activities: type of physical activity that focuses on skill development, performance and competition.
- Athletics: single-sport, extracurricular activity offered during or after school with voluntary student participation with a focus on competition. Note: Texas Fitness Now funds may not be used to support athletics or athletics-related activities.
- Equipment: tools that support activity in physical education, sports and/or athletics.

SUMMARY OF PROGRAM REQUIREMENTS

Applicants will be required to:

- Describe the Physical Education Requirement – LEA will ensure that participating students in the identified grade level(s) will engage in physical activity for either a minimum of 30 minutes per day or 225 minutes per two-week period for the entirety of the school year; and
- Describe how the campus physical education curriculum adheres to the appropriate practices for physical education as identified by the National Association of Sports and Physical Education: <http://www.aahperd.org/naspe/standards/nationalGuidelines/Apppracticedoc.cfm>, in their publication *Appropriate Instructional Practice Guidelines for Middle School Physical Education*.
- Describe how the campus improvement plan (CIP) for each participating campus will maintain current policies and procedures regarding the Coordinated School Health Program.

In addition, the applicant must indicate compliance with all of the following program components:

- **Physical Education Requirement**—Students will participate in physical activity through physical education for either a minimum of 30 minutes per day or 225 minutes per two-week period for the entire school year;
- **Coordinated School Health**—The district has adopted a Coordinated School Health Program and all of its components as described in TEC §38.013;
- **Campus Improvement Plan (CIP)**—Participating campuses have included Coordinated School Health in their CIPs per TEC §11.253;
- **Quality TEKS-Based Physical Education Program**—Provide a plan for combining education, fitness, and nutrition during school that promotes a healthy lifestyle; the plan must consist of functional fitness, cardiovascular and strength training benefiting coordination development, sports development and injury prevention, all including the use of recommended activities and equipment aligned with the TEKS;
- **Wellness Policy and Nutrition**—Submitted the district’s wellness policy to the Texas Department of Agriculture according to the requirement set forth in the Child Nutrition and WIC Reauthorization Act and complies with the requirements of the Texas Public School Nutrition Policy having no Coordinated Review Effort findings;
- **School Health Advisory Council (SHAC)** —A School Health Advisory Council has been established and will meet at least four times a year to review the implementation of the grant as provided in TEC §28.004;
- **Certified Physical Education Teachers**— Certified physical education teacher(s) and/or the district level administrator responsible for the physical education curriculum will administer the grant expectations through the physical education classroom with general oversight by the campus principal and provide a plan for training teachers and administrators to implement a functional fitness program; and
- **Student Fitness Assessment**—Conduct student fitness assessment twice—once prior to December 10, 2010 and again at the end of the school year utilizing the student fitness assessment instrument adopted by the commissioner of education (FITNESSGRAM).
- **Best Practice**—Implement best practices for Physical Education. (<http://www.aahperd.org/naspe/standards/nationalGuidelines/Apppracticedoc.cfm>)
- **Professional Development Summit for Coordinated School Health Programs**—Agree to attend a Texas Education Agency-sponsored summit for Coordinated School Health in Austin, TX. A minimum of 1 attendee per district is required. Grantees will be required to pay travel expenses to attend the summit.

TECHNICAL ASSISTANCE

Campuses receiving funding under this grant agree to receive technical assistance and to implement suggested activities if requested by TEA or the CPA. Campuses that fail to participate in technical assistance activities may become ineligible for continuation funds.

CAMPUS ELIGIBILITY

This is a non-competitive formula grant. LEAs must apply on behalf of eligible campuses. The application submitted by the LEA must include all eligible campuses participating in the program. A charter school that is not recognized as an LEA under state law may not apply directly to the state for funding. The eligible LEA will:

- Serve students in Grades 6, 7, and/or 8 (excludes separate campus DAEPs and JJAEPs);
- Have 60% - 100% of students at a campus who are economically disadvantaged; and
- Agree to conduct their campus fitness assessment (pre-test) using FITNESSGRAM prior to December 10, 2010 regardless of when the Texas Fitness Now Notice of Grant Award (NOGA) is issued. A list of eligible campuses will be posted on the TEA Grant Opportunities site along with the application. If you feel that a campus that meets the criteria described has been omitted from the listing, please contact TEA to verify eligibility.

FUNDING PERIOD AND ALLOCATIONS: September 1, 2010 – August 31, 2011. Allocation amounts are provided with the list of eligible campuses. Campus allocation amounts equal:

- \$2,000 per campus base allocation and approximately \$13.67 per student enrollment (as reported in the Public Education Information Management System(PEIMS) in 2008-2009)

REQUIRED REPORTING

LEAs are required to complete a Texas Fitness Now report at the end of the 2010-2011 school year to provide data and information related to the implementation of the program on an ongoing basis and for determining whether the program met its stated goals and objectives and achieved the desired results based on the established performance indicators. By submitting this application, the applicant agrees to comply with any reporting and evaluation requirements, including progress reports that may be established by the CPA and the TEA and agrees to submit the reports in the format and time requested by the TEA and the CPA.

Required Reporting Dates:

- May 20, 2011—Final Program Evaluation/Report
- September 30, 2011—Final expenditure report due in TEA's online Expenditure Reporting (ER) system
- October 31, 2011—Revised final expenditure report due in TEA's ER system

USE OF FUNDS

The funds must be used for the eligible campus(es) designated in the grant application. Funds granted through this project must be used for those purposes described in the Program Goals, Objectives and Program Requirements sections of this RFA. Applicants may elect to use additional resources and other sources of financial support to help maximize the effectiveness of the project goals and objectives.

1. Program funds shall not be obligated for expenditure prior to the effective date of the grant (September 1, 2010) or after the ending date of the program (August 31, 2011) regardless of when the NOGA is issued.
2. Funds may be requested only for those items, including portable equipment specific to the program, that are reasonable and necessary for accomplishing the objectives of the program as defined in this request for application and for implementing activities as described. Materials and equipment may include, but are not limited to the following:
 - Fitness-Related Equipment and Materials such as: Heart rate monitors, pedometers, exercise balls, jump ropes, wobble balls, balance disks, aerobic steps, agility ladders, dumbbells, electric pump inflators and needles, other fitness-related equipment and materials, stop watches; and
 - Sports-Related Equipment and Materials such as: footballs, flag football equipment, basketballs, tennis rackets and balls, ping pong tables and balls, soccer balls, softball equipment, non-traditional sports related equipment and materials such as flying discs (i.e. Frisbees), climbing equipment, floorball equipment, non-competitive gaming supplies, and other sports-related equipment and materials;
 - Nutrition-Related Equipment and Materials including curricula, food purchased for instructional use, food scales, cookbooks, etc. and other nutrition-related equipment and materials.
3. Funds may not be used for lease/purchases (i.e. debt service).
4. In general, the budget schedules must provide evidence that the project costs are reasonable in relation to expected outcomes:
 - a) The amount requested might realistically be expected to have an impact on the stated needs;
 - b) The expected outcomes are sufficient to justify the amounts requested;
 - c) The program will identify and coordinate funding from several sources; and
 - d) All expenditures are pertinent to and appropriate for the objectives/activities stated.
5. Program funds may be used to support existing physical education programs that are consistent with the objectives of the program.

Note: Funds may not be used for activities that substitute for physical education such as athletics.

6. Program funds may be used to support physical education programs at one or more grade levels (as long as those grade levels are 6th, 7th and 8th).
7. Program funds may be used to purchase equipment specific to the program. These items are appropriate if a campus wishes to buy some or all of the items.
Note: LEAs are prohibited from transferring the equipment purchased with these funds between campuses. LEAs are also prohibited from using equipment purchased with these funds on multiple campuses or sharing equipment among campuses.
8. Program funds may be used to provide stipends to campus personnel to further the program objectives and to provide support for teachers to participate in professional development opportunities.
9. Program activities shall be allocated such that at least 25% of the comprehensive physical education program is focused on nutrition education and activities and 75% on physical education and activities.
10. Program funds shall not be used to purchase portable or modular buildings, or for the renovation, reconstruction, or remodeling of existing buildings.

LIMITATION ON ADMINISTRATIVE EXPENDITURES

No more than 5 percent of the total grant awarded for any fiscal year may be expended to administer the program. Funds requested for administrative use must be requested in the application on the appropriate budget schedules, **including indirect costs**. Direct administrative costs may include costs associated with accounting and other fiscal activities, auditing, and overall program administration. Direct administrative costs also include salaries and benefits for staff who supervise activities of program staff and insurance that protects the grantee.

SUPPLEMENT NOT SUPPLANT

Funds for this program must be used to supplement (increase the level of services) and not supplant (replace) funds from federal, state, and local funds for similar activities. Any program activity required by state law, State Board of Education rules, or local board policy may not be paid with these funds. State or local funds may not be decreased or diverted for other uses merely because of the availability of these funds. Grantees must maintain documentation which clearly demonstrates the supplementary nature of these funds.

Contact Information	<p><u>Funding</u>: Division of Formula Funding, Texas Education Agency, 512-463-8525 <u>Primary program contact</u>: Marissa Rathbone, Texas Education Agency, 512-463-3064</p>
SAS Requirements	<p>Application Deadline: December 9, 2010, 5:00 p.m. CST</p> <p>Two (2) Applications must be submitted by mail or hand-delivered to the following address (No faxes will be accepted.): Division of Formula Funding—Rm. 6-112 Texas Education Agency 1701 N. Congress Ave. Austin, TX 78701-1494</p> <p>ONLY APPLICATIONS RECEIVED IN THE DIVISION OF FORMULA FUNDING AT THE TEXAS EDUCATION AGENCY WILL BE ACCEPTED. DO NOT DELIVER THIS APPLICATION TO THE OFFICE OF THE COMPTROLLER OF PUBLIC ACCOUNTS.</p>

Texas Fitness Now Program:

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Appendix A—Characteristics of Quality Physical Education

(Based on Centers for Disease Control document)

- Emphasizes knowledge and skills for a lifetime of physical activity.
- Is based on national standards that define what students should know and be able to do (www.aahperd.org/naspe)
- Keeps students moderately to vigorously physically active for at least 50% of class time.
- Provides many different physical activity choices.
- Meets needs of **all** students, especially those who are not athletically gifted.
- Features cooperative, as well as competitive, games.
- Develops student self-confidence and eliminates practices that humiliate students, e.g., having team captains choose sides, dodgeball, and other games of elimination.
- Assesses students on their progress in reaching goals, not on whether they achieve an absolute standard.
- Promotes physical activity outside of school.
- Educates for the proper choices for healthy foods (www.mypyramid.gov)
- Teaches self-management skills such as goal-setting and self-monitoring.
- Focuses, at the high school level, on helping adolescents make the transition to a physically active adult lifestyle.
- Actively teaches cooperation, fair play, and responsible participation in physical activity.
- Is an enjoyable experience for students.

Sources:

Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov/HealthyYouth/physicalactivity>

National Association for Sport and Physical Education (NASPE)

<http://www.aahperd.org>